

### Senior Center Staff

Jessica Zink      Supervisor, Senior Citizen Activities  
CarolAnn LaBarbera      Recreation Leader  
Sandee Whitman      Keyboarding Clerk 1  
Rosemarie Hansen, Xiomara Espinal, Jenny Meshriky      Drivers  
Loren Kutcher      Building Maintenance Worker  
**Office Volunteers:**      Carmen   Sollod

### Department of Parks, Recreation, & Community Services

**Lou Ann Benson**  
**Director & Municipal Alliance Coordinator**  
732-247-0922, ext. 475

### Important Phone Numbers

Senior Center 732-418-2222 or 732-247-0922, ext. 820  
Middlesex County Area Transit (MCAT)      800-221-3520  
Municipal Building      732-247-0922  
Department of Public Works      732-297-1134  
North Brunswick Police      732-545-3200  
Emergency      9-1-1

# *August Senior Sage*

North Brunswick Senior Center  
15 Linwood Place  
732-247-0922, ext. 820 Fax 732-418-3665  
Email: [jzink@northbrunswicknj.gov](mailto:jzink@northbrunswicknj.gov)  
[clabarbera@northbrunswicknj.gov](mailto:clabarbera@northbrunswicknj.gov)  
Hours of Operation: 8:30 am– 4 pm

Mayor Francis “Mac” Womack III  
Council President Bob Davis  
Councilman Ralph Andrews  
Councilman Bob Corbin  
Councilwoman Amanda Guadagnino  
Councilman William Lopez  
Councilman Carlo Socio



## Transportation Information



You must PRE-REGISTER and receive a TRANSPORTATION ID CARD in order to use the North Brunswick Township Transportation Services.

*Contact the office to set up an appointment.  
Upon registration and pre-qualification you will receive a list of Township Approved Cab Companies to use for APPROVED services.*

1. Each North Brunswick Township senior age 62 & over (or grandfathered in to the services due to previous use) will complete a passenger data sheet. You will be provided with a photo ID that must be used at all times while using the **North Brunswick Cabs**.
2. Review uses of **approved** transportation services.
3. Refer to the details of the North Brunswick Township ordinance.
4. Review the receipt that will be issued to you.
5. Cabs will be **\$1.50 EACH WAY** within **North Brunswick** using **North Brunswick Cabs** with the exception of trips to the **North Brunswick Senior Center**, trips to the Senior Center will be **75 cents each way**.
6. Cabs originating in North Brunswick are permitted for **MEDICAL TRIPS ONLY**, going **outside of the Township limits in any direction (up to 10 miles in total travel per one way trip)** will be **\$2.50 EACH WAY**.
7. Each person being transported as a single client **must receive and keep your receipt**.  
The resident will no longer be required to call 24 hours in advance- instead you can call the same day from any of the **North Brunswick Cabs** on the list provided. Each trip will be considered a one-way trip.

## *Programs & Trips*

### Register for trips at the Senior Center

*Return Times are Approximate. Please make sure to have proper photo ID on trips.*

#### EXERCISE PROGRAMS!

##### Mondays

9:30-10 am Chair Yoga with Jaclyn  
10:20-10:50 am ZUMBA

##### Tuesdays

9:30 am– Senior Walkers  
(sign up at DPRCS office)  
9:30 am Healthy Bones  
10:30 am–Fall Prevention Exercise Class  
11:15 –11:45 am Mat Yoga w/Jaclyn (for seniors who are comfortable using the mat on the floor)

##### Wednesdays

9:30 am– Line Dancing  
10:30- 11:15 am Chair Yoga with Donna

##### Thursdays

9:30 am– Zumba  
10 am– Healthy Bones  
11:15 am-11:45 am Strength & Cardio  
with Jaclyn Bring light weights if you have them!

##### Fridays

10 am– Exercise with Donna  
11:15 am-11:45 am- POUND

#### New Summer Exercise Classes With Janine

##### POUND

Wednesdays, 11:30 am-  
12 pm

##### BARRE-LESS BARRE

Friday 9:15 am-9:45 am  
9:45 am-10 Nirvana  
Breathing

#### Point Pleasant

Monday, August 20th  
9:30 am–5 pm

Sign ups begin Monday,  
7/2.

\$5/person

For Motorcoach

Transportation

(Sponsored by Friends of  
the Senior Center)



# Special Events & News

## Learn To Control Your Diabetes

Sponsored by Quality Insights

FREE

6 week program – Mondays

Lunch served at 12 pm

12:30 pm–2 pm

August 6th

August 13th

August 20th

August 27th

## Lunch & Learn

12 pm

\$2/each

Tuesday, 8/7 Med Life

Pharmacy

Friday, 8/10 ELITE Homecare

Thursday, 8/23 KMM

Pedestrian Safety

Friday, 8/24 Garden State

Community Bank

## Save the Date! Upcoming Events!

Monday, September 10th  
Grandparents Day Party

Friday, September 21st  
Lady Tea visits us again to  
discuss DiversiTEA & Culture  
Chat

## Restaurant/Day Trips \$1

- Monday, 8/13  
Sunny Palace
- Tuesday, 8/21  
Rutgers Farm Market
- Monday, 8/27 Hometown  
Buffet

Any events/programs that have a  
fee/cost must be paid for and signed  
up for in the office.

## Refund Policy:

In accordance to the Department  
of Parks, Recreation, & Commu-  
nity services policy– all Senior  
Center trips & activities are  
**NON-REFUNDABLE**

# Club Corner

**Please note:** *You can be a member of either the Pioneers or the North Brunswick Club.*

**AARP Chapter #3885:** This chapter started in 1986 and only those who are members of the national AARP are eligible to join this chapter. The chapter's main emphasis is on community service. Dues are \$10/year per person. A schedule of meeting and activities is as follows:

- Membership meetings– 1st Monday of every month at 12:30 pm.
- Socials (bingo)- 3rd Monday of every month at 12:30 pm.

For further information about the chapter contact Marion Pingatore 732-545-6761.

**Pioneers:** Our motto is “*teamwork and friendship,*” make new friends, but keep the old. Everyone in their Golden Years (55 and older) are welcome. Try your luck at Bingo on the 2nd & 4th Wednesday. Celebrate in style at all our holiday luncheons. Bring your ideas to our meetings on the 1st & 3rd Wednesday of the month. Now for the best news, our annual membership is only \$5.00 a year. We finish the year with our Christmas luncheon, held at one of our local restaurants. Contact John Pingatore 732-545-6761 for more information.

**North Brunswick Club (NBC):** We meet every Thursday– We have Social (Bingo) every Thursday, and the third Thursday is our regular meeting and executive board meeting. We celebrate our members birthdays at the first meeting of the month. We also have a party at least once a month, such as Valentine's Day, St. Patrick's Day, etc. (there is a charge).

Our membership is open, so won't you consider joining our club on our **meeting day**? It's great to get together for a couple of hours a week to be amongst your peers for some talking, laughing, and sometimes singing. We would love to have you. We are a very gracious and understanding group of Senior Citizens. Thank you, Blanche Charlton, President– 732-348-8822.

**Friends of the Senior Center:** The Friends were formed to promote the Senior Center as a focus of activities, programs, and services for all senior citizens of North Brunswick. They meet once a month and discuss upcoming events, trips, issues, and services at the Senior Center. The Friends contribute towards activities by providing entertainment, transportation, decorations, supplies, and many items to enhance the Senior Center. Pat Murphy, President 732-821-5980.

# August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30– Line Dancing 9:30– Mah Jongg 10:30– Chair Yoga 11:30– Pound	2 9- Wood Carvers 9:30—Zumba 10– Bocce Home 10– Healthy Bones 11:15-11:45 Strength & Cardio	3 <b>9:15-9:45 Barre-less Barre</b> <b>9:45-10 Nirvana Breathing</b> 9:30– Mike the Barber 10– Exercise w/Donna 11:15– POUND w/Cynthia	4
5	6 9:30—Chair Yoga 10:20 —Zumba <b>12– Lunch &amp;</b> <b>12:30-2 Diabetes Workshop</b>	7 9:30—Healthy Bones 10:30—Fall Prevention 11:15-11:45— Mat Yoga <b>12– Lunch &amp; Learn MedLife</b> <b>pharmacy \$2</b> 1– Gardening Club	8 9:30– Line Dancing 9:30– Mah Jongg 10:30– Chair Yoga 11:30– Pound 1– AARP “Cavalcade of Fun “ Committee Meeting	9 9- Wood Carvers 9:30—Zumba 9:30– Bocce Away 10– Healthy Bones 11:15-11:45 Strength & Cardio	10 <b>9:15-9:45 Barre-less Barre</b> <b>9:45-10 Nirvana Breathing</b> 9:30– Mike the Barber 10– Exercise w/Donna 11:15– POUND w/Cynthia <b>12-2 Lunch &amp; Learn</b> <b>ELITE Homecare \$2</b>	11
12	13 9:30—Chair Yoga 10:20 —Zumba 11:30– Coupon Clipping <b>11:30– Sunny Palace \$1</b> 1:30-Crochet Club	14 9:30—Healthy Bones 10:30—Fall Prevention 11:15-11:45— Mat Yoga 12– Gardening Club	15 9:30– Line Dancing 9:30– Mah Jongg 10:30– Chair Yoga w/Jaclyn 11:30– Pound <b>12– Pioneers Picnic at Veterans</b> <b>Park</b>	16 9- Wood Carvers 9:30—Zumba 10– Bocce Home 10– Healthy Bones 11:15-11:45 Strength & Cardio	17 <b>9:15-9:45 Barre-less Barre</b> <b>9:45-10 Nirvana Breathing</b> 9:30– Mike the Barber 10– Exercise w/Jill 11:15– POUND w/Cynthia	18
19	20 <b>9:30– Point Pleasant \$5</b> 9:30—Chair Yoga 10:20 —Zumba	21 9:30—Healthy Bones 10:30—Fall Prevention 11:15-11:45— Mat Yoga <b>11– Rutgers Farm Market</b> 12– Gardening Club Harvest Food Fest	22 9:30– Line Dancing 9:30– Mah Jongg 10:30– Chair Yoga 11:30– Pound	23) 9- Wood Carvers 9:30—Zumba 9:30– Bocce Away 10– Healthy Bones 11:15-11:45 Strength & Cardio <b>12– Lunch &amp; Learn</b> <b>KMM presents Pedestrian</b> <b>Safety \$2</b>	24 <b>9:15-9:45 Barre-less Barre</b> <b>9:45-10 Nirvana Breathing</b> 9:30– Mike the Barber 10– Exercise w/Donna 11:15– POUND w/Cynthia <b>12– Lunch &amp; Learn Garden</b> <b>State Community Bank \$2</b>	25
26	27 9:30—Chair Yoga 10:20 —Zumba <b>11:30– Hometown Buffet \$1</b> 1:30-Crochet Club	28 9:30—Healthy Bones 10:30—Fall Prevention 11:15-11:45— Mat Yoga 12– Gardening Club	29 9:30– Line Dancing 9:30– Mah Jongg 10:30– Chair Yoga 11:30– Pound	30 9- Wood Carvers 9:30—Zumba 10– Bocce Home 10– Healthy Bones 11:15-11:45 Strength & Cardio	31 <b>9:15-9:45 Barre-less Barre</b> <b>9:45-10 Nirvana Breathing</b> 9:30– Mike the Barber <b>10– Podiatrist</b> 10– Exercise w/Donna 11:15– POUND w/Cynthia	